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Article

The Mother-Daughter Relationship and Daughter's Positive Body Image: A Systematic Review

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Amanda Goslin[1] and Deborah Koons-Beauchamp[1]

Abstract

The mother-daughter dyad is a powerful relationship known to impact health and wellbeing of daughters throughout their life. This article examined studies focused on factors associated with daughter's positive body image through the mother-daughter relationship. In this systematic review searches were performed for English-language, peer-reviewed articles and dissertations published between 1955 to 2020 in the following databases: Family Studies Abstracts, ERIC, PsycINFO, PubMED, Scopus, and ProQuest Dissertations and Theses Global. Out of 444 potential records after removing duplicates, four were fully reviewed and synthesized. Study outcomes were analyzed through thematic analysis resulting in three major themes relating to the mother-daughter relationship as a facilitator for daughter's positive body image: (1) maternal role modeling of healthy behaviors; (2) positive body talk and communication; (3) relational connection.

Keywords

positive body image, mother-daughter relationship, family systems, body image

Body image is defined as "a subjective picture of one's own physical appearance established both by self-observation and by noting the reactions of others" (Merriam-Webster, 2020). Body image encompasses our perceptions, values, feelings, thoughts, and actions related to our personal relationship with our self. We live in a society obsessed with physical appearance, which has undue impact on body image development and perceptions. Often, this impact leads to unhealthy views and expectations for oneself, which may develop into a negative body image. Literature on negative body image is extensive, and the contributing factors and long-term impacts are well understood (Gattario et al., 2020; Gattario & Frisén, 2019; Lacroix et al., 2020; Nichols et al., 2018). What remains underrepresented in the literature is the understanding of positive body image and how this develops. Given we know the importance of the mother-daughter relationship and the implications this has for negative body image and disordered eating (Maor, 2012); this study aims to further understand how a daughter's positive body image is shaped through the mother-daughter relationship.

Literature Review

Body image is a multidimensional complex construct which is influenced by a variety of sources. Body image may be influenced by sociocultural factors including parents, peers, media, familial factors, and societal constructs (Hargreaves & Tiggemann, 2004). The constructs contributing to the development of negative body image or body dissatisfaction have been widely studied. Negative body image is a risk factor for low self-esteem (Davison & McCabe, 2006; Koff et al., 1990), depression (Brausch & Gutierrez, 2009; Ferreiro et al., 2011; Stice et al., 2000), and eating disturbances (Fabian & Thompson, 1989).

Body image research indicates a variety of factors play a role in the development of one's body image including intrapersonal and interpersonal factors. The consumption of popular media and subsequent overwhelming messages via social networks and peers put considerable pressures on females in Western cultures to maintain a body reflecting the ideal body type (Augustus-Horvath & Tylka, 2009; Gattario & Frisén, 2019; Hargreaves & Tiggemann, 2004; Jhaveri & Patki, 2016; Locke et al., 2018). Girls are endlessly exposed to ideals and images of societal body expectations beginning in childhood. The media tends to focus on a thin-ideal female body which has been linked to body image concerns, eating disorders, and increased body dissatisfaction (Derenne & Beresin, 2006; Grabe et al., 2008; Harrison & Cantor, 1997). This has resulted

[1]Department of Psychological and Quantitative Foundations, College of Education, University of Iowa, Iowa City, IA, USA

Corresponding Author:
Amanda Goslin, College of Education, University of Iowa, Lindquist Center, 240 S Madison St, Iowa City, IA 52242, USA.
Email: amanda-goslin@uiowa.edu

in women struggling more with negative body image than men (Muth & Cash, 1997) with approximately 80% of females reporting body dissatisfaction (Ganesan et al., 2018; Lawler & Nixon, 2011).

Positive Body Image

Distinguishing between negative and positive body image is important. Positive body image is distinct from negative body image and shall not be considered on the same continuum as negative body image (Tylka & Wood-Barcalow, 2015) as positive body image is not merely the opposite of negative body image. In measuring the experience of adolescents with positive body image, Frisén and Holmqvist (2010) suggest "we cannot think of adolescents with a positive body image as having simply the opposite experience and ways of thinking about body image matters to adolescents with a negative body image". Frisén and Holmqvist (2010) found adolescents with positive body image reported satisfaction with own appearance, acceptance of one's imperfections, functional view of their body, view exercise as important, and are less affected by comments about their body from friends and family. Adolescence is a crucial stage in the development of body image.

The importance of body image on a young girl's ability to create and maintain positive self-acceptance cannot be overstated. A high rate of women who struggle with body dissatisfaction are likely to experience a poorer quality of life, especially with regard to mental health and psychosocial functioning (Mond et al. 2013). The detriment toward a lack of positive body image spans race, ethnicities, socioeconomic statuses, and cultural backgrounds (Spurgas, 2005). Developing and maintaining a healthy body image is critical because of the impact it has on many aspects of a young girl's life. These include the way she presents and compares herself to others, the types of peer interactions and activities she allows herself to be involved in, and the internal self-talk she engages to regulate and motivate herself (Mills & Fuller-Tyszkiewicz, 2018). A positive body image provides the map for a young person to navigate the negative messages perpetuated by media regarding the ideal body type, and examine those messages based on an independent internalized standard. They have the tools to apply critical thinking to the unrealistic messages of the female body, consciously choosing the media with which they engage (Poulter & Treharne, 2020).

A healthy body image allows a young girl to develop a functional conceptualization of her body and create strategies for responding to negative thoughts and feelings (Poulter & Treharne, 2020). As she draws on the internal appreciation she has for her body, develops self-compassion, and focuses on positive characteristics of her whole self, not just aspects of her body image, it decreases the impulse to look toward others for approval and make negative comparisons, leading to dissatisfaction and lower self-worth (Homan & Tylka, 2018). Positive body image has only appeared in literature for slightly over a decade. In the literature available, women who report a positive body image also report overall more healthful characteristics (Gillen, 2015). Although limited research on positive body image exists, the literature does suggest positive body image supports benefits in both mental and physical health realms such as eating style (Oh et al., 2012), sexual function (Satinsky et al., 2012), personality (Swami et al., 2013), and participation in exercise (Wood-Barcalow, et al., 2010).

Mother-Daughter Dyad

One of the strongest socio-cultural factors associated with body image, is the relationship between the parent and child, especially mother and daughter relationships (Holsen et al., 2012). Women are traditionally assigned the role of and responsibility for taking care of the physical and emotional health of their family, creating a type of glue between the mother and all other members of the family. Mothers play a strong influential role in the family and are engaged more actively than fathers with regard to developing a positive or negative body image and self-esteem (Borello, 2006).

The mother-daughter relationship plays an integral role in the development of body image, self-esteem, and identity (Borello, 2006; Clarke & Griffin, 2007; Ogle & Damhorst, 2003). The overall health of a young woman can be dramatically impacted by the type of relationship, attachment, and communication she shares with her mother. Thus, through an ecological family systems lens, it is important to consider a systemic viewpoint to further understand how body image is impacted and shaped especially within the mother-daughter dyad. As in any system, interrelated parts impact one another, and it is no different for the ebb and flow of the mother-daughter sub-system where individual actions influence the other. The impact of the mother-daughter relationship on health has been the focus of multiple studies identifying a significant influence on the future health, overall development, psychological well-being, and the reduction of mental health problems (Armstrong & Boothroyd, 2008; Bojczyk, et al., 2011; Hershberg, 2006; Kitamura & Muto, 2003). For example, daughters who perceive their mother as non-supportive can exhibit greater negative emotionality while interacting with them, and risk development of emotional disorders during childhood and adolescence (O'Brokta et al., 2020). Further, the daughter's emotional health and self-efficacy, which is the ability to exert control over her own behavior and motivation, (Flouri & Hawkes, 2008) and even her spiritual well-being, have been reported as a link to the mother-daughter relationship (Cecero et al., 2006; DeFrain & Asay, 2007).

The message of disordered eating and body dissatisfaction is passed from parent to child, significantly increasing the risk of clinical eating disorders later in life (Stice et al., 2011). Acceptance and comfortability with one's body image can change through the life course of a woman, and is influenced by several environmental, social, and intrapersonal factors. Negative evaluations and criticisms by the mother, of how her daughter's body deviates from the socially constructed ideal of beauty and acceptance, plays a strong role in the

likelihood of body dissatisfaction and disturbance (Clarke & Griffin, 2007).

Although there is considerable evidence related to the development of body dissatisfaction and the mother-daughter relationship independently, little is known about the concepts collectively as they relate to the development of positive body image for daughters. Thus, understanding the current evidence of the role the mother-daughter relationship holds in promoting positive body image is needed to inform the development of future positive body-image interventions specific to the mother-daughter relationship and identifying which components support the development of positive body image.

The aim of this systematic review is to synthesize the current knowledge related to daughter's positive body image. Specifically, it seeks to review studies investigating the mother-daughter dyad, and the factors within the relationship that promote a daughter's positive body image, and to conceptualize the emerging results. The research questions addressed in the systematic review were: 1) what key themes emerge from the literature regarding the mother-daughter dyad and the daughter's positive body image and 2) what factors of the mother-daughter dyad promote a daughter's positive body image?

Method

Search Strategy

A search was performed in accordance with preferred PRISMA guidelines (Moher et al., 2009) for conducting systematic reviews in November 2020 using the following six electronic databases: Family Studies Abstracts, ERIC, PsycINFO, PubMED, Scopus, and ProQuest Dissertations and Theses Global. Databases were selected based on those typically used in social sciences, education related literature, and family or relational studies. We reviewed English-language quantitative and qualitative dissertations and peer-reviewed empirical studies to examine the factors of the mother-daughter relationship contributing to the development of the daughter's positive body image.

Search terms were combined ('AND') across three key concept areas: (1) *body image* ("body image" OR "Self-Perception" OR "Body Esteem" OR "Body Awareness" OR DE "body image" OR DE "Self-Perception" OR DE "Body Esteem" OR DE "Body Awareness") and (2) *mother* (mother OR maternal OR DE "Mothers" OR DE "Mother Child Communication" OR DE "Mother Child Relations" and (3) *daughter* (DE "Daughters" OR daughter).

Selection of Studies

To ensure inclusiveness, broad methodology criteria were applied. Eligible articles included quantitative, qualitive, and mixed methods designs. Studies were included if they described a research study, qualitative or quantitative, exploring the mother-daughter relationship as a facilitator for daughter's positive body image. Studies had to meet the following inclusion criteria: (1) published between 1955 to 2020 based on the date of the first identified potential article regarding this topic; (2) peer-reviewed academic journals or dissertations; (3) published in English. Our search procedure is detailed in Figure 1 as reflected in the PRISMA preferred reporting guidelines for systematic reviews (Moher et al., 2009).

Results

Search Results and Screening Process

Our search yielded 618 potentially relevant articles. After the records were identified by the database searching, 174 duplicates were removed resulting in 444 potential records. Throughout each stage of the review process, dual review was used to reduce the risk of biased decision on study inclusion.

Each article was initially screened by Author 1 or 2 based on the title to eliminate irrelevant papers. At this stage the following exclusion criteria were implemented: studies measuring an intervention, studies focused on disordered eating, studies focused on development of identity, and studies not including positive body image. After review of the titles, this resulted in 117 remaining records. At this stage, both authors reviewed all the remaining articles individually, and through consensus eliminated 99 articles resulting in 18 remaining articles suitable for full-text screening. The two authors again independently assessed the remaining articles for inclusion, and upon completion compared decisions and discussed uncertainties, resulting in a consensus of four articles to be included in the final synthesis. Of the 14 articles excluded in the final review process, articles were eliminated due to the following reasons: focused on disordered eating ($n = 2$), focused on development of identity ($n = 4$), study of an intervention ($n = 1$), wrong predictors ($n = 6$), and wrong outcome ($n = 1$). Although articles were eliminated for such reasons, it is important to note the authors took the decision to be lenient throughout the search process to ensure inclusivity. Thus, the exclusion criteria mainly focused on exclusion of literature related to only negative body image or non-applicable studies. If a study discussed factors for both negative and positive body image, it was considered for review. Existing research on facilitators of daughter's positive body image in relation to the mother-daughter relationship is scarce, therefore it is important to include any studies adding value to the discussion of promoting positive body image. The four articles remaining for final synthesis included two quantitative and two qualitative studies. These findings are noted in Table 1.

Synthesis of Results

Quantitative studies. Due to the heterogeneity of the quantitative studies research questions, variables, and methods, results are reported using descriptions of study characteristics, outcome measures, and key findings. Both study designs were experimental and consisted of mothers or mother/daughter

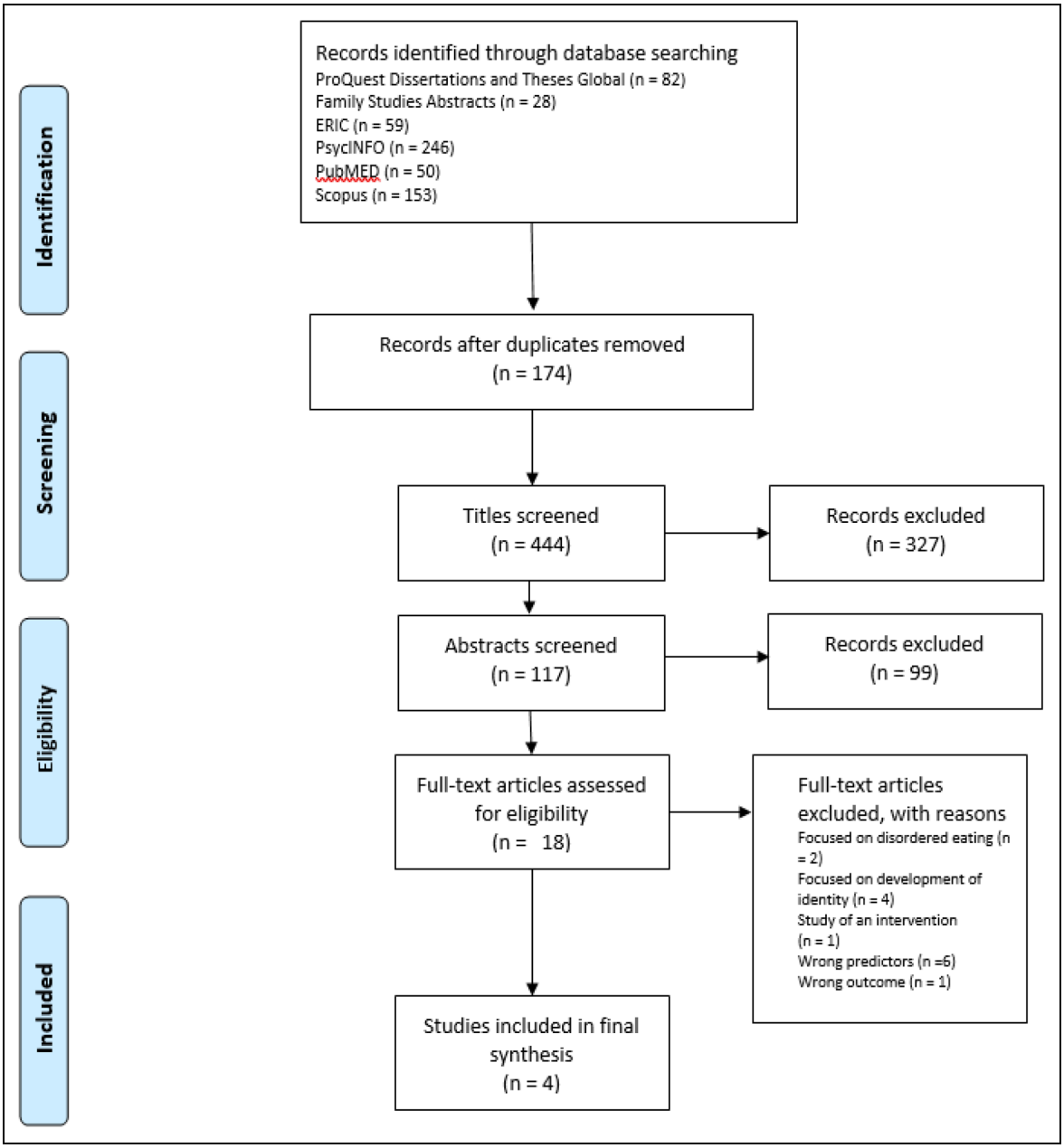


Figure 1. PRISMA flow-diagram of screening process for review (Moher et al., 2009).

dyads utilizing self-report questionnaires representing populations in the United States or Canada.

Arroyo et al. (2020) consisted of 532 adult women who completed self-report online surveys relating to perceptions of their mothers' communication behaviors as they relate to their own experiences in attitudes, behaviors, and body image. This study examined the relationships of perceived maternal communication behaviors and daughters' body image based in three tenets of body image prevention approaches- Social Cognitive Approach, Non-Specific Vulnerability Stressor Model, and Feminist-Empowerment-Relational Model. Participants included 74.6% white/Caucasian, 10.2% black/African American, 6.5% Asian, 5.5% Multiracial, 2.8% Hispanic/Latina, and.8% other. Ages ranged from 18 to 77-years-old ($M = 31.31$; $SD = 13.04$) The sample was representative of U.S. States, including 42 of the 52 states/territories in the sample. Through structural equation modeling, it was found each of the body image prevention approaches were associated with daughter's body image through higher levels of daughters' adaptive weight-related behaviors, higher levels of daughters' social competence, and higher levels of daughters' feminist ideology.

In the Social Cognitive Approach, daughters recollect their mothers modeling healthy behaviors which was positively associated with higher levels of daughters' adaptive weight-related behaviors, and in turn associated with daughters' body image

Table 1. Alphabetical List of Studies Exploring Mother-Daughter Relationships and Daughter's Positive Body Image.

Citation/Setting	Study Design/Data Source(s)	Variables	Aims	Statistical Approach	Results/Conclusions	Strengths/ Limitations
1. Arroyo et al. (2020) Georgia	Design: Experimental Population: Mother/daughter dyads (N = 532 Adult Women, White/ Caucasian (74.6%), Black/African American (10.2%), Asian (6.2%), Multiracial (5.5%), Hispanic/Latina (2.8%), and other (0.8%)) Data source: Self-report questionnaires Conceptual Model: Social Cognitive Approach, Non-Specific Vulnerability-Stressor Model, and Feminist-Empowerment-Relational Model	Outcome: Daughter's body image Covariates: Mother/ daughter dyad, age, gender Target predictors: Maternal modeling, physical activity, healthy eating guidance, positive body talk, intuitive eating, mother-daughter relationship, maternal care, social support, mother-daughter communication, positive relationship with others, social skills, coping skills, consciousness-raising discussions, critiquing the media, gender roles, self-objectification, voice, psychological empowerment, feminist identity	Individually apply 3 prevention approaches to the mother-daughter dyad to investigate direct and indirect relationships between maternal communication behaviors and daughters' attitudes, behaviors and body image. Identify what prevention approach best predicts daughters body image.	Approach: Structural equation modeling, four statistical models	The perception that one's mother modeled healthy weight behaviors (i.e., Social Cognitive Approach), the perception that one had a close relationship with her mother (i.e., Non-Specific Vulnerability-Stressor Model), and recalling consciousness-raising discussions with one's mother (i.e., Feminist-Empowerment-Relational Model) were significantly associated with daughters' body image. Although the Social Cognitive Approach appears to be the strongest of the three approaches, each model accounted for variance in daughters' body image suggesting mothers can promote daughters' body image in multiple ways.	Strengths: Examines three different models for impact of mothers on daughter's body image; sample population included participants with various body mass indexes, and various race, and ethnicities Limitations: Study was cross-sectional vs. longitudinal, recall bias possible, focused on women only, potential discrepancy between reported perceptions and observed behavior.
2. Carbonneau et al. (2020) Canada	Design: Experimental Population: Mother/daughter dyads (N = 191 dyads, White/Caucasian 99% of mothers and 94.2% of daughters) Data source: Self-report questionnaires Conceptual model: Not specified	Outcome: Daughter's self-compassion, body esteem, and eating behaviors. Covariates: Mother/ daughter dyad, age, gender, education, employment, ethnicity, current living arrangements Target predictors: Self-compassion	Identify the relation between mothers' and daughters' self-compassion, body esteem, and emotional eating. Identify if daughters who observe their mothers' self-compassion, or are explicitly taught self-compassion by	Approach: Intraclass correlation coefficients, Actor-Partner Interdependence Model, structural equation modeling	Results suggest a relation between mother a daughter self-compassion, body esteem, and eating behaviors. Results indicated self-compassionate mothers and daughters reported higher body esteem, self-compassionate mothers resulted in daughters with more self-compassion and higher body esteem which predicted lower emotional eating.	Strengths: Large sample size, self-report by each person (mother and daughter) Limitations: Self-report susceptible to bias and recall errors, data collected at single time point vs. longitudinal

(continued)

Table 1. (continued)

Citation/Setting	Study Design/Data Source(s)	Variables	Aims	Statistical Approach	Results/Conclusions	Strengths/ Limitations
			their mothers, have more self-compassion toward themselves, and an improved self-view toward their body.			collection, excluded fathers and sons.
Citation/Setting	Study Design/Data Source(s)	Variables	Aims	Statistical Approach	Results/Conclusions	Strengths/ Limitations
3. Maor and Cwikel (2016) Israel	Design: Qualitative Population: Mother/daughter dyads (N1 = 14 dyads: 2 Russian, 3 North African, 2 Israeli-born, 2 Ethiopian, 2 American, 3 European; N2 = 12 6 American-Jewish, 6 Orthodox-traditional Jewish; N3 = 24: Israeli born of Ashkenazi origin) Data source: Observable interviews Conceptual model: Not specified	Outcome: Daughter's body image Covariates: Mother/ daughter dyad, age, gender, nationality, education, ethnicity Target predictors: A mother's modeling and messaging to daughter	To construct, on the basis of respondents' accounts, potential strategies that may be used by mothers to protect their daughters against body dissatisfaction.	Approach: Interview content transcribed and coded, and analyzed using content analysis to explore meaning in units	Five strategies of mothers to influence daughter's positive body image and resilience to body dissatisfaction include: filtering (i.e. not letting daughter know she (mother) was dieting); transmitting awareness of eating disorders (i.e. better to be fat than eating disorder); positive reinforcement (verbal and physical); discussion (social discourses and practice in relation to body/gender); positivity (mothers talking about food eaten by daughter, negative feelings and guilt)	Strengths: Study included data from different years and reviewed by two separate researchers. Limitations: Small samples that may not be generalizable to broader population.
4. McBride et al. (2017) Canada	Design: Qualitative Population: Mother/daughter dyads (N = 5 dyads, Caucasian) Data source: Observable interviews Conceptual model: Not specified	Outcome: Daughter's healthy body image Covariates: Mother/ daughter dyad, age, daughter's healthy body image Target predictors: A mother's modeling and messaging to daughter	To understand a mother's role in the development of her daughter's positive body image.	Approach: Narrative research methods	Results suggest that mothers who supported their daughters in nonappearance domains, while also celebrating their daughters' beauty, through relational safety and connection are more likely to have daughters with a healthy body image	Strength: Population of daughters measured to have healthy body image. Limitation: Small racially homogeneous sample

Themes	Dimensions
1. Mothers as a role model	
Healthy behaviors	Performing physical activity Intuitive eating
Self-compassion	Accepting self as is Giving oneself a break when mistakes are made
Focus on nonappearance domains	Personal focus on non-specific healthy self-care (i.e. sleep, athletics)
2. Communication and language	
Positive body talk	Speaking openly and positively about their body and daughter's body Avoiding comparison
Awareness	Critiquing the media Gender roles Psychological empowerment Feminist identity
3. Connection	
Relational safety	Social support network Raising discussions
Close relationship	Developing trust through consistency Maternal care Mother-daughter communication

Figure 2. Themes identified in the mother-daughter relationship that contribute to the development of the daughter's positive body image and dimensions of each theme.

including body appreciation and body satisfaction. In the Non-Specific Vulnerability-Stressor Model, when women reported a close mother-daughter relationship, daughters had a higher level of social competence which is also linked to daughters' body image. For the final preventative approach of the Feminist-Empowerment-Relational Model, found consciousness-raising discussions with mothers resulted in daughters having a more positive feminist ideology and was also associated with body image (Arroyo et al., 2020). Although the Social Cognitive Approach was the only model found to significantly predict daughters' body image, each of these approaches are ways mothers can promote their daughters body image specifically through positive communication, close relationships, and a focus on behaviors. Arroyo et al. (2020) points out

> it is important for mothers to model adaptive behaviors to their daughters (e.g., speaking positively about their bodies, promoting, and incorporating healthy foods in the home, engaging in enjoyable physical activity) if the goal is to promote daughters' body image. (p. 419)

Mothers may shift their focus on behaviors and healthy ways of living rather than on weight, and they should talk less about the body.

Carbonneau et al. (2020) included 191 mother daughter dyads from Canada between ages 19 to 40. The study examined intrapersonal and interpersonal associations between the dyad's self-compassion, body esteem, and emotional eating in French-speaking, Canadian mother-daughter dyads. This sample was homogeneous as it reported as mostly white women; 99% of mothers and 94.2% of daughters. The online self-report survey contained measures of demographic variables, body mass index, self-compassion, body esteem, and emotional eating. Mean age of the mothers was 57.37 ($SD =$ 7.54 years) and for daughters 28.76 ($SD = 6.63$ years), and 73.3% of the dyads were not residing together at the time of the study (Carbonneau et al., 2020). Mothers and daughters completed self-rated measures in self-compassion, body esteem, and emotional eating. Results indicate when mothers provide a model of self-compassion for daughters, daughters' report improved body esteem and eating behaviors. This suggests healthy attitudes and behaviors from mothers is often transmitted to their daughters and can facilitate positive body image/esteem in daughters.

Qualitative Studies. Two qualitative studies emerged from our search and review process. Maor and Cwikel (2016) utilized secondary analysis of qualitative data from 4 interview samples. The aim of the study was focused on identifying and representing strategies mothers may utilize to promote positive body image in their daughters and to grow resistance of body dissatisfaction in their adult daughters. Data were analyzed using content analysis and the following strategies were identified: 1) filtering, 2) transmitting awareness specifically to eating disorder dangers 3) positive reinforcement/affirmations,

4) discussion/tools to combat criticism, and 5) positivity especially in healthy choices.

Filtering is a method used by mothers to completely avoid or sift out derogatory messages referencing their daughter's body weight and size. Mothers reported their awareness and perspectives were formed through intuition, personal life experience and exposure to feminist literature. The second strategy was based on many of the mothers in the study, especially the younger generation of mothers, who leveraged public awareness around eating disorders, and transmitted the message it is better to be fat, than to have an eating disorder.

The third strategy of positive reinforcements and affirmations was identified through the purposeful action mothers took toward their daughters with physical touch, including hugs and kisses, regardless of their daughter's body size. Some of the mothers in the study perceived their own mothers withholding physical affection from them because the mother believed her daughter was fat.

The discussion strategy was identified by mothers who purposefully taught their daughters to be critical of messages delivered through the media, providing them tools to discuss social ideals relating to body and gender. These tools helped to create a foundation for the daughters to stand at a distance from common, negative body image practices and ideals. The final strategy was positivity, which encouraged daughters to focus on positive and pleasurable healthy eating, versus diet talk. Many of the mothers recalled restricting their eating habits because of the constant comments from their own mothers about their eating habits. This resulted in those mothers restricting their eating and feeling guilt and shame about enjoying their favorite foods as a child.

The second qualitative study by McBride et al. (2017) consisted of five mother-daughter dyads with daughters reporting a healthy body image. Participants of this study included ten women total- five Caucasian biological mother-daughter dyads with daughters between the ages of 19 to 30 and mothers between the ages of 50 to 67. Mother's participation in this study was based off daughter's reports of healthy body image. Daughters were recruited via online and paper advertisement and asked to complete a questionnaire to assess for presence of healthy body image (McBride et al., 2017). After confirmation of presence of daughter's healthy body image, the dyads took part in semi-structured interviews. The aim of the study was to understand healthy body image in young women, specifically how a mother influenced her daughter's healthy body image. Throughout the interviews, mothers continuously spoke positively about their daughter's bodies, however there was more than verbal encouragement present. Themes identified suggest mothers support daughter's healthy body image through the following: "breaking intergenerational silence, creating relational safety, seeing their daughters as individuals, being encouraging about their appearance whenever appropriate, and focusing on healthy living and eating" (McBride et al., 2017, p. 107). This study suggests mothers promote and support a healthy body image in their daughters through empowerment, encouragement, and allowing their daughters to "experience themselves without feeling shamed or judged" (McBride et al., 2017, p. 109).

Literature Themes

Although the authors were unable to perform a traditional synthesis of the data collectively due to heterogeneity, they further decided to conduct a thematic analysis of both the quantitative and qualitative data. With this approach, themes can be identified to capture important data as it relates to the research question and is representative of patterns or meaning within the data (Braun & Clarke, 2006). As suggested for best practice for conducting a systematic review (Impellizzeri & Bizzini, 2012; Siddaway et al., 2019), the authors aimed to draw rich, robust, and comprehensive themes based on the cumulative evidence from the results of each study. Thematic analysis was used to synthetize quantitative and qualitative findings to further support implications, and as Braun and Clarke (2016) further point out, themes are important in capturing what is important in relation to the overall research question. When results of both qualitative and quantitative data were compared for thematic analysis, it was apparent the themes closely aligned. The general ideas and content of the research had similarities in that it provided support in the mother-daughter relationship as a facilitator for daughter's positive body image.

The two authors independently assessed studies and extracted findings by interrogating each study and identifying trends specific to the research question. To generate themes, the authors analyzed all findings in the four studies. The first author identified 11 dimensions and the second author identified 16 dimensions. The authors then further discussed findings obtained through thematic analysis and through consensus agreed upon 16 dimensions. Three major themes emerged relating to the mother-daughter relationship as a facilitator for daughter's positive body image (Figure 2). The major themes included: mothers as a role-model, communication/language, and connection. Dimensions were categorized according to three main themes. The factors identified in the mother-daughter relationship contributing to the development of the daughter's positive body image included:

Theme 1: mothers as a role-model. Throughout the literature, one of the main emerging themes was the essential and influential role the mother plays in daughter's positive body image. Daughters of mothers who report higher body esteem and self-compassion also report the same (Carbonneau et al., 2020) which is largely transmitted through mothers modeling such behaviors. Although mothers reported struggling with negative body image at some point, they modeled how to care and embrace themselves which was particularly important during the daughter's own development (McBride et al., 2017). Through the Social Cognitive Approach, Arroyo et al. (2020) found daughters recalled mothers modeling of healthy behaviors which was associated with daughter's body image. This was particularly significant through modeling of adaptive behaviors such as healthy weight behaviors, healthy choices, intuitive eating and taking pleasure in food, and engaging in

healthy behaviors such as valuing physical activity (Arroyo et al., 2020; Carbonneau et al., 2020; Maor & Cwikel, 2016). Mothers have a lasting impact on their daughters, and findings indicate mothers' self-compassion and body-esteem is a model for daughter's own self-compassion, body esteem, and eating behaviors (Carbonneau et al., 2020). Additionally, mothers are role models by supporting their daughters to feel confident in who they are through health and caring for their bodies (McBride et at., 2017). Adapting to valuing their bodies strengths, capabilities, and non-appearance domains can serve as protective factors for daughters when these habits are modeled by mothers.

Theme 2: communication/language. Another strong theme was communication methods and language. Arroyo et al. (2020) identified communication to include positive body talk between mother and daughter, and even intergenerationally between grandmothers, mothers, and daughters. When these messages include healthy attitudes, it impacts daughters positively who pick up healthy messages passed down through the generations. This study further measured the recollection of mother's speaking positively about her own body, and the body of her daughter. Measurements included not only verbal communication, but communication behaviors modeled by mothers. The daughters' perceptions of maternal modeling were positively associated with both their body appreciation and body satisfaction, suggesting mothers who matched behavior with their words had an impact on their daughters.

This 2020 study further examined another type of communication between mothers and daughters, that of consciousness-raising discussions related to feminist ideology, which had an indirect effect on a daughter's body appreciation and body satisfaction. When conversations about critiquing the media and gender inequality were coupled with modeled physical activity and healthy eating, there was a positive correlation between a daughter's coping skills and positive relations with others. Carbonneau et al. (2020) concluded as a mother's self-compassion can be conveyed and communicated to their daughter, it can be a beneficial tool in improving the daughter's body esteem. And the primary concluding finding of Maor and Cwikel (2016) identifies the mother-daughter relationship plays an important role in adverting negative body image messages communicated by the media.

Theme 3: connection. The last theme of connection incorporates both the relational safety between mother and daughter and their ability to sustain a close relationship. All studies pointed toward the finding positive maternal-care translates attitudes of closeness and acceptance from mother to daughter. Direct and indirect communication between mother and daughter has the framework to create safety in the relationship, giving daughters the means to reach out to their mothers for support about their body image.

Relational safety was described in McBride et al. (2017) "feeling that they were able to go to their mothers for anything they needed, whether it be for physical or emotional support." Daughters described full acceptance, regardless of their appearance from their mothers and the ability to create confident connection and safety with a social support network based on the safety with their mother. Maor and Cwikel (2016) identified mothers reinforcing the close relationship with their daughters through repeated physical touch. Arroyo et al. (2020) identified a daughter's perception of her close relationship to her mother, fortified through consistency and trust, was positively related to the daughter's social competence, and positively associated with her body appreciation and satisfaction.

Discussion

Quality of life, well-being, and mental health are greatly impacted by body-image, especially for women (Bauer et al., 2013; Carey et al., 2011). Research on the mother-daughter dyad as it relates specifically to a daughter's positive body image is rare, as research tends to focus on risk factors for eating disorders, negative body image, and body dissatisfaction (Holsen et al., 2012; Littleton & Ollendick, 2003; Richardson & Paxton, 2010; Thompson & Stice, 2001). Results from the current study demonstrate the importance of the mother-daughter dyad in establishing a more positive body image in daughters. Further, these findings support the development of positive body image from a family systems theory perspective in that positive body image may be developed through the interactions within the family, more specifically the mother-daughter dyad. The development of body image and related behaviors of a mother can be inextricably interconnected with the daughter's own body image. Thus, teaching parents, specifically mothers, how to emphasize and promote positive behaviors for their daughters is imperative to support positive body image in current and future generations of daughters. While mothers cannot always supervise daughters' behaviors or attitudes, engaging in day-to-day healthy behaviors may be the most steadfast way to instill the same positive behaviors and beliefs in their daughters. To encourage positive body image in daughters, mothers can model healthy behaviors such as eating nutritious foods, caring for one's body, and engaging in physical activity regularly. Further, mothers can decrease weight/fat talk (Arroyo & Harwood, 2012; Bauer et al., 2013), diet behaviors (Byely et al., 2000), and focus less on appearance (Kluck, 2010).

Limitations

While this systematic review begins to analyze research dedicated to how the mother-daughter relationship serves as a facilitator for daughter's positive body image, certain limitations should be acknowledged. First, there was not consistency in the types of studies included. As noted earlier two quantitative and two qualitative studies were combined in the review in which similar themes were extracted, however the research methods were unique to each study type. A second limitation is the quantitative studies were cross-sectional and not longitudinal, capturing one moment in time in which study participants responded to questionnaires. A third limitation is the combined studies did not represent multiple races and cultures and may not be generalizable to all. Another limitation is the focus on

the mother-daughter relationship at the exclusion of the father-daughter relationship and its impact on a daughter's positive body image. As gender roles continue to diffuse the less normative division of labor and influence in the contemporary heterosexual family, a closer look at the father's positive impact on a daughter's body image will help to uncover important themes. Additionally, due to the heteronormative nature of the included studies, this study does not include how same-sex relationships or other non-heteronormative relationships may further uncover themes. A final limitation is one of recall bias. Each of the four studies involved mothers and daughters recalling behaviors, communication and connection impacting daughters' body image which may have been altered over time. This highlights an opportunity for future research to include a longitudinal and experimental design in order to better assess the specific maternal communication and behaviors affecting daughters' positive body image.

Implications for Practice

The results of this systematic review identify significant implications for clinicians to put into practice. Clinicians may work from a relational family systems lens with mothers and daughters alike. First is a better understanding of the protective factors in the mother-daughter relationship contributing to a daughter's positive body image. Another is an invitation in practice to reinforce relational safety in the mother-daughter dyad. This can strengthen a mother's ability to embody the themes identified in this review; (1) mothers as a role-model for healthy behaviors; (2) communication including positive body talk, avoiding comparison, questioning media and gender roles, and creating awareness of empowerment; (3) creating connection to include relational safety in social support, discussions, trust, and close relationships. A final implication for clinical practice is to encourage interventions aimed at mothers to regularly communicate through words and action, the good they see in themselves, focusing on positive internal characteristics and lowering the need to invest in outside sources of approval or appearance, modeling behavior of personal acceptance and self-compassion.

Conclusion

The current review is the first known to synthesize the mother-daughter relationship as it relates to daughter's positive body image. Overall, the current findings suggest daughter's positive body image is promoted through mothers modeling healthy behaviors and communication. Together, the quantitative and qualitative evidence demonstrate the importance of the mother-daughter relationship and the implications on daughter's positive body image. Such development of their daughter's positive body image is promoted through mothers modeling self-compassion, engaging in healthy behaviors, positive communication, and awareness, and providing a close supportive relationship. These findings highlight the impact mothers have on their daughter's positive body-image and suggests interventions aimed at promoting healthy body-image attitudes and behaviors in mother's can be conveyed to daughters in a way that fosters a healthy body image and behaviors in them. The development of preventative interventions would provide potential to utilize the mother-daughter dyad as a source to promote positive body image in women and girls alike. Future research should not only focus more on understanding the mother-daughter dyad and how it relates to overall health, but also other impacts of family behaviors that may promote positive body image in children and families.

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ORCID iD

Amanda Goslin https://orcid.org/0000-0003-1380-561X

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